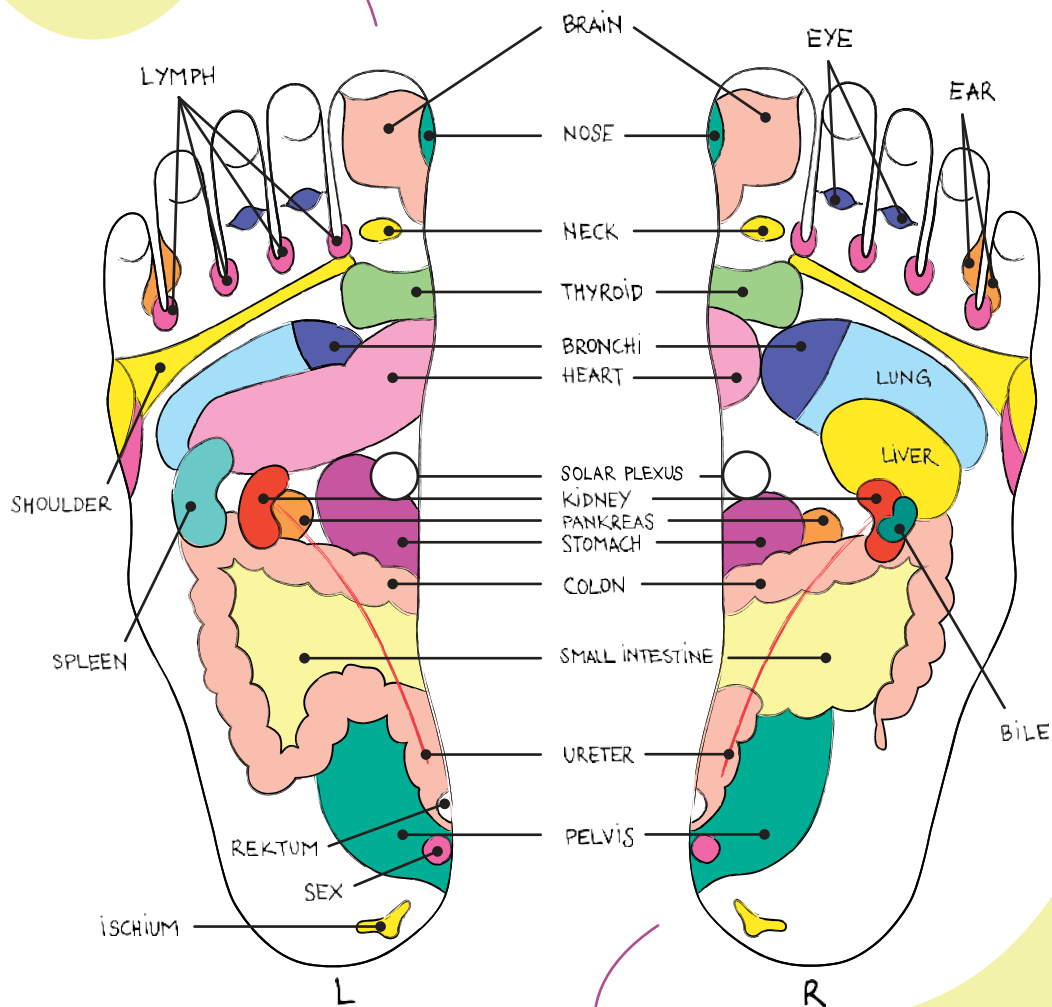
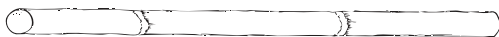


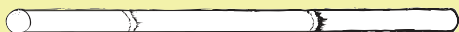


WALKON.ME



The 2 WALKON sticks:

Basic



Advanced



Happy feet
and relaxation
with **WALKON**,
the stick you walk on!

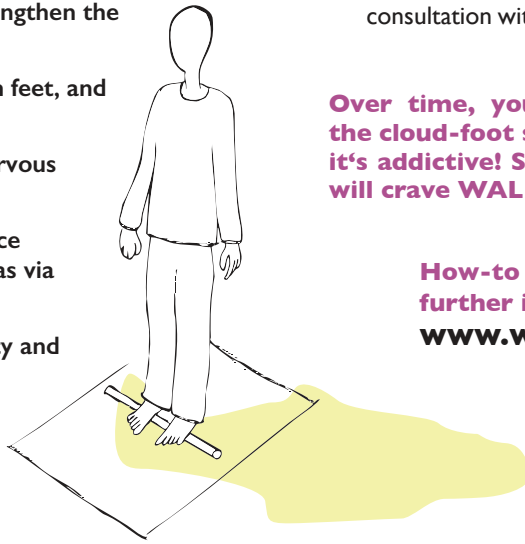
WALKON.ME

Our feet carry us, ideally, throughout our entire lives. With WALKON, you can consciously and easily pay more attention to them!

Too little exercise, too much mental work in front of screens, restlessness, or the wrong footwear – the modern lifestyle neglects our feet. They become weak, tense, or even painful. We lose our connection to the ground. Tension, back pain, headaches, sleep problems, and spiraling thoughts are symptoms that many of us are familiar with... Among other things, we lack grounding!

WALKING ON A STICK is a practice from Shiatsu therapy. Foot massage using the force of your body weight can release blockages, stimulate circulation, and bring us back down to earth.

- In just 5 minutes a day – noticeable change in a few weeks
- Can be used anytime, anywhere
- Release stuck fascia, relax muscles, and strengthen the foot
- Relaxation, warm feet, and better sleep
- Stabilize your nervous system
- Positively influence various body areas via foot reflexology
- Increased mobility and balance



HOW TO WALKON

Make this practice your tiny habit, and you'll quickly strengthen your body awareness, improve your alignment, and sense of well-being.

- Use an underlay, yoga mat, towel, or rug.
- Warm up your feet, e.g., alternately stand on your tiptoes or roll the soles of your feet over the WALKON stick.
- Stand with both feet simultaneously across the WALKON stick and move step by step from the ball of your foot to the heel and back again.
- 5-15 minutes, in the evening, in the morning, or during a break at work, a moment of pausing, breathing, and reflecting on your body.
- Feet can react sensitive or even with pain. In foot reflexology, this is called the healing pain threshold. To achieve change, it's good to approach the healing pain threshold and breathe deeply.
- In cases of medical indications, consultation with a doctor is necessary.

Over time, you may experience the cloud-foot sensation. Beware, it's addictive! Suddenly, your feet will crave WALKON.

**How-to video and further information:
www.walkon.me**